

# How to plant tomatoes & chili peppers in containers

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- 1) Fill the container with moist potting soil to just one inch below the top. This will leave room for watering. Some potting mixes have enough fertilizer in them for one planting. For better growth, fertilize your soil before reusing it. Liquid fertilizer is best for container gardening. Fertilize BEFORE you plant, according to the instructions on the bottle.
- 2) If you are planting FROM SEED, for each plant, press one seed into the soil about ½ inch deep, then cover with soil. Space your seeds 6 to 12 inches apart.
- 3) If you are TRANSPLANTING a seedling, water seedling before transplanting. Make a hole in the soil and carefully place the seedling in the hole (not too deep and not with roots sticking out of the ground.) press soil gently but firmly around the sides of the plant and near the base of the stem.
- 4) Water gently, so that there is not just one stream of water going on the plant. This would make a hole in the soil, expose roots and kill your plant. A sprinkling can or gently spray hose wand is best.
- 5) All plants need LIGHT, HEAT, & WATER.
- 6) Put your containers where they will get 4 to 5 hours of sun each day until it gets too hot, then give them shade or partial shade. Water your plants in containers daily and make sure the soil is always moist.

Developed by the County of San Bernardino Department of Public Health Nutrition Program. If you would like to receive information on nutrition and gardening classes and/or other recipes, please call (909) 387-9193

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